



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 19001, Candies, TOBLERONE, milk chocolate with honey and almond nougat

Report Date: June 26, 2017 15:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	3.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kcal	525	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	2196	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein	g	5.71	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2015
Total lipid (fat)	g	28.57	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2015
Ash	g	1.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Carbohydrate, by difference	g	61.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Sugars, total	g	55.74	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2015
Starch	g	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
<strong>Minerals</strong>													
Calcium, Ca	mg	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Magnesium, Mg	mg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Phosphorus, P	mg	145	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Potassium, K	mg	260	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Sodium, Na	mg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Zinc, Zn	mg	1.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Copper, Cu	mg	0.340	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Manganese, Mn	mg	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Selenium, Se	µg	3.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fluoride, F	µg	3.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Thiamin	mg	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Riboflavin	mg	0.237	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Niacin	mg	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Pantothenic acid	mg	0.316	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin B-6	mg	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total	mg	60.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Betaine	mg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin B-12	µg	0.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin A, RAE	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Retinol	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin A, IU	IU	122	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lutein + zeaxanthin	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin E (alpha-tocopherol)	mg	1.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Tocopherol, beta	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Tocopherol, gamma	mg	0.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin K (phylloquinone)	µg	19.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	17.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0	g	0.295	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
6:0	g	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
8:0	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
10:0	g	0.203	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
12:0	g	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:0	g	0.989	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
16:0	g	8.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
17:0	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:0	g	6.830	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:0	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
22:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total monounsaturated	g	3.744	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
16:1 undifferentiated	g	0.187	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:1 undifferentiated	g	3.557	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total polyunsaturated	g	3.234	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated	g	2.905	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:3 undifferentiated	g	0.329	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol	mg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Stigmasterol	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Campesterol	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Beta-sitosterol	mg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Caffeine	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Theobromine	mg	128	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015